Reflections on the Phenomenon of Middle School Students' Internet Addiction from a Philosophical Perspective

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Abstract: With the continuous innovation of modern technology, the Internet has integrated into every corner of society. For middle school students, how to leverage the advantages of the Internet while avoiding excessive addiction to it has become a hot topic of social discussion at this stage. In the information age, people are accustomed to obtaining various information through the Internet, which is convenient to operate, fast and wide in information transmission, but it also exposes many negative issues. Especially, young students are excessively addicted to the Internet, which makes their studies neglected and seriously threatens the stable development of young people and society. This article attempts to explore the reasons and negative impacts of Internet addiction from a philosophical perspective, aiming to provide a reference for relevant people.

Keywords: Internet addiction; Middle school students; Philosophical perspective; Reasons

1. Introduction

Middle school students are in the stage of shaping their values and behavioral habits. During this period, students' minds are active and susceptible to the influence of diverse information on the Internet, weakening their self-control. Some middle school students have a strong curiosity about the novel world on the Internet. Without proper guidance and support, they may easily become addicted to the Internet and neglect their studies, which will have a negative impact on the development of their interpersonal and emotional expression skills. To guide middle school students to view and use the Internet correctly, it is necessary to strengthen educational guidance, and gradually shift their focus from the Internet to provide a solid guarantee for students' physical and mental health.

2. Analysis of the current situation of middle school students' internet addiction

In the current era, middle school students' addiction to the Internet has become a global problem that harms society, ethnic groups, and countries. Some middle school students have weak self-control and spend a lot of time on online games and social media every day, neglecting their studies and even sacrificing a lot of rest time. This not only affects students' academic performance but also threatens their physical health, inducing a series of problems such as sleep disorders, decreased vision, and anxiety. With the development of the times, the forms of middle school students' addiction to the Internet have gradually diversified, extending from the initial online games to live streaming, short videos, and social media. Due to the complex interaction, feedback, and reward mechanisms of the platforms, many adolescents with weak self-control are prone to addiction and develop an "addiction" to the Internet.

3. Analysis of the reasons for middle school students' internet addiction from a philosophical perspective

The Internet has integrated into every aspect of people's daily lives, study, and work, making it very difficult for adolescents to completely isolate themselves from the network. This has led many adolescents to become excessively addicted to the Internet and unable to extricate themselves. Some adolescents steal, skip school, and run away from home just to go online, and in severe cases, there have even been suicides. In response to these phenomena, this study will attempt to analyze the specific reasons from a philosophical perspective.

From the perspective of materialist dialectics, the emergence of any phenomenon is the result of the combined effect of internal and external factors. From an internal perspective, the fundamental reason for middle school students' addiction to the Internet lies in their weak ability to distinguish right from wrong, poor self-control, and inability to reasonably arrange their online time. In fact, middle school students are in the stage of forming their values and are susceptible to external influences, requiring the guardianship and cultivation of others. Therefore, the reason for students' addiction to the Internet can be attributed to the lack of school and family education.

In the current era, most families have only one child, who has been doted on by parents and elders since childhood, and many children are even spoiled, becoming too self-centered and arrogant. After children enter middle school, some parents completely entrust the responsibility of educating their children to the school. Parents are more concerned with providing material support for their children, neglecting care and education, so they do not understand their children's behavioral habits. Under such circumstances, some middle school students become more stubborn, narrow-minded, selfish, and have weak willpower and self-control. They are excessively greedy for enjoyment, especially after exposure to the Internet. They find that in the virtual world, they can say many things that they dare not say in the real world, vent their inner emotions freely, and even break the rules, focusing only on themselves. Many things that cannot be achieved in real life can be realized in the virtual network. If not guided timely and correctly, it will inevitably lead to middle school students' addiction to the Internet.

From an external perspective, inadequate supervision of Internet cafes by relevant departments is also a major reason leading to students' addiction to the Internet. However, the approach of "completely shutting down internet cafes" advocated on the Internet in recent years is unreasonable. The Internet is not the culprit behind middle school students' addiction; instead, people should deeply reflect on whether there are problems with the current education system. Many families have excellent material conditions and also have a large number of smartphones, tablets, and desktop computers at home. Without effective parental supervision, this can also lead to middle school students becoming addicted to the Internet. In fact, most middle school students spend most of their time in school

studying hard and rote learning due to the pressure of exams. Quality education has not been truly implemented, and the emergence of the Internet provides an opportunity for students to vent their study pressure. However, if students have many other positive interests and hobbies, the possibility of middle school students becoming addicted to the Internet will be greatly reduced.

Additionally, from a Marxist perspective, correct values have a guiding effect on individual behavior habits and become a source of motivation for individual progress and improvement. Conversely, incorrect values can easily lead individuals astray. With the continuous improvement of modern material living standards, many students enjoy excellent living conditions. Both parents and children are very satisfied with their current lives, which invisibly causes students to lose their motivation to continue striving and lack lofty ideals and aspirations. If middle school students have lofty ideals and aspirations, then the Internet will be a cornerstone of their success, rather than a stumbling block, helping them achieve their life goals.

4. Measures to address middle school students' internet addiction from a philosophical perspective

4.1. Strengthening family education and supervision

Middle school students' addiction to the Internet is not an irreversible matter. Parents should objectively view this phenomenon and maintain a positive and optimistic attitude to face it. Materialist dialectics emphasizes that everything is constantly developing and changing, so people should view problems from a developmental perspective and do a good job in family education and supervision. The values, worldview, and outlook on life of middle school students have not yet formed, so they have strong plasticity. As parents, they should objectively view Internet addiction as just a small part of their children's growth process and seek reasonable and effective educational methods to effectively help their children get out of the Internet addiction. If parents see it as an irreparable mistake, it will cause things to develop in a worse direction. From this perspective, parents' expectations and education for their children are effective means to solve middle school students' Internet addiction.

From a philosophical perspective, cultivating a qualified successor to the socialist cause requires self-awareness and rational self-discipline. In family education, parents should strengthen educational supervision, guide their children to form ideal and self-disciplined values, and recognize that the Internet is just a part of life, not all of it. Through daily communication or the introduction of case studies, parents can help their children recognize the dangers of Internet addiction, improve their ability to distinguish right from wrong, and maintain clear judgment and control in the online world. At the same time, parents can lead their children to cooperatively set rules for Internet use, emphasizing the principle of moderation in the development of things. For example, limiting the daily use of the Internet and online time for children, and regulating their online behavior by establishing Internet rules, subconsciously cultivate their children's awareness of rules and self-management abilities. Parents should also be role models for their children, consciously regulate their own behavior, abide by these rules, and cultivate good online habits for their children under the benign guidance of their parents.

Family education and supervision emphasize empathetic thinking between parents and children, mutual empathy, and understanding. Parents should strengthen communication with their children, understand their psychological status and Internet usage, patiently listen to their thoughts and viewpoints, understand their online behavior, and provide targeted guidance and support. For children's viewpoints and opinions, they should work

together to find solutions to problems, bringing parents and children closer and establishing a relationship of mutual trust.

4.2. Grasping the development patterns

In response to the phenomenon of middle school students' addiction to the Internet, educators should recognize that everything develops according to certain patterns, and teachers and parents should follow the patterns of students' physical and mental growth to guide them. Middle school students have a strong curiosity about novel things and a high acceptance of new things, but they also have a strong rebellious psychology. These belong to the growth patterns of middle school students. Therefore, teachers and parents should combine these growth patterns to educate and guide middle school students correctly, satisfying their pursuit of novelty and fashion, and eliminating their resistance and fear. At the same time, educators should focus on guiding students to view the advantages and disadvantages of the Internet from multiple perspectives, distinguish Internet information, learn to independently control their online time, and obtain network content. Compared with the blind suppression method, this approach is more likely to be recognized and accepted by students, eliminate their rebellious psychology, and improve the effect of educational guidance.

4.3. Identifying the crux of the problem

From the perspective of materialist dialectics, different things have different contradictory characteristics, so specific problems should be analyzed specifically, rather than attributing students' Internet addiction behavior to one category. Existential philosophy advocates individuals' exploration and confirmation of themselves. Middle school students are in a critical stage of self-identity and sense of existence formation. Limited by factors such as academic pressure, social obstacles, and family relationships, some middle school students have developed feelings of helplessness and loneliness. The online world is instant and virtual, providing a safe haven for students to escape the real world. Faced with the temptation of the Internet, due to the conflict between their self-control and freedom, middle school students are more eager to enjoy the fun brought by the Internet, but they also recognize the negative impact of excessive use of the Internet. Therefore, after identifying the crux of the specific problem, targeted solutions can be found. For example, some students are addicted to online chatting, some are addicted to online games, and some are addicted to browsing unhealthy information. Teachers and parents should adhere to the principle of taking advantage of the situation and finding specific solutions to problems. For example, middle school students who like to browse unhealthy information can receive sex education at an appropriate time to reduce their exploration of gender information, form correct cognitive concepts, and avoid excessive addiction to the online world.

4.4. Strengthen the education of "three views"

The "Three Views" include values, worldview, and outlook on life. Values objectively show the criteria for students to distinguish between right and wrong. Firstly, the internet environment is flooded with violent, vulgar, and other harmful information. Middle school students are still in a critical stage of forming their values, and their information discrimination ability and self-control are inadequate, making them vulnerable to the influence of negative information on the internet. Therefore, schools and families should strengthen communication and collaboration, adopting methods such as family dialogue and classroom education to guide students to form correct values, objectively distinguish the quality of information, and resist the temptation of harmful information.

Secondly, it is necessary to broaden students' worldviews. Whether students form a correct worldview is related to their perception of the world. Strengthening worldview education can guide middle school students to objectively view the relationship between the internet and designed life, encourage students to actively participate in social practice, step out of the virtual environment, feel the beauty of nature, broaden their horizons, and cultivate humanistic care. Thirdly, establishing an outlook on life can help middle school students clarify their life goals and direction. To strengthen life outlook education, educators should guide middle school students to deeply reflect on and analyze the value of life, encourage students to set long-term goals, or draw strength from subjects such as literature and philosophy, recognize individual values and missions, enthusiastically face life, and reduce their dependence on the internet.

5. Conclusion

In summary, middle school students' internet addiction is an issue related to the stable development of individuals, society, and the country. People should calmly consider the causes of this problem, strengthen education and guidance, and create a benign growth environment. This can guide students to form the correct "Three Views" and break away from the online world.

Disclosure statement

The author declares no conflict of interest

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